

PARENT PAGES

A publication of the Howard County
Office of Children and Families
Family Institute



Summer Plans

Howard County parents signed up for ReadyRosie are already getting many ideas on how to make every day moments fun for their children ages birth to five. These ideas will help keep their children's minds active over the lazy days of summer. Also available is the free **Summer Soar** packet. (Click [here](#).) If you haven't signed up for **ReadyRosie** yet, learn more and **register** for FREE (for Howard County families)

Summer Reading: A Universe of Stories



Howard County Library System

invites children, teens and adults to participate in the annual summer reading program. Enroll online from home, at any HCLS branch OR pick up a paper booklet at any branch.

- After you've enrolled online or picked up your Summer Reading booklet, log the books you read and mark off activities as you complete them.
- Mix and match any combination of 20 books read and/or activities completed. (**ReadyRosie** is one of the options for an activity!)
- For every book/activity you complete, you receive an entry into a prize drawing for your age group.

For more information, visit: <http://hclibrary.org/classes-events/hclsummer/>

Toilet Training Workshop

Wednesday, June 5, 7:00 - 8:30 p.m.

Howard County Library, East Columbia Branch, 6600 Cradlerock Way, Columbia

Toilet training a child with a developmental delay or disability can be trying for even the most seasoned of parents. In this workshop, parents will learn the signs of readiness, the process and a few tricks to make everything go smoothly. There will time for questions. This FREE workshop is sponsored by the **HCPSS Family Support & Resource Center**. To register, [click](#) or call 410 313-7161.

College Corner

The excitement of graduation is lingering in the air and the next step for many teens is the launch onto college. Information for parents to help their children can be found below from Child Mind Institute, NAMI and The Maryland Collaborative to Reduce College drinking.

College Parents Matter, Have the Conversation This site provides tools and scripts to improve communication with your teen. It offers **eight high risk drinking situations to talk**

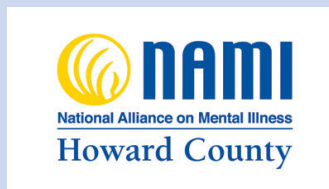


about and seven tips for good communication to help parents feel empowered to broach conversations that can be difficult.

NAMI College Guide: Once a teen turns 18, not all information is shared with parents unless an authorization form is completed. It is extremely helpful to understand how to have supports in place by referring to resources before your child leaves. NAMI's guide and videos for college students and families cover topics such as: Starting the Conversation, College and Your Mental Health, Who to Talk to and How to Make a Plan.

Preparing for College Emotionally: Adolescents making the transition from high school to college need not only academic skills to ace the classwork and time-management skills to stay afloat, but emotional problem-solving skills to handle the challenges.

College, Eating Disorders When the realities of college life—increased workload, less structure and more focus on peers—collide with anxieties, learning issues, or poor self-esteem, a young woman who was able to manage stress and stay afloat during high school with support from her parents might find herself drowning in the confusing, complicated world of college.



An affiliate of NAMI Maryland and NAMI, the National Alliance on

Mental Illness, which is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.

- **Free education classes**
- **Free support groups**
- **Free advocacy for those affected by mental illness.**
- **Classes are offered twice yearly.**
- **Anonymous support groups are ongoing**

For more information: 410-772-9300 or www.namihowardcounty.org

Summer Lunch Programs for Howard County Children

Free meals will be served each weekday at 15 County locations this summer. Meals will be provided to children 18 and under without charge. All meals will be served on a first-come, first-served basis and must be eaten on site.



School Cafeteria Sites: Tuesday, June 25 to Friday, August 16, 2019

- Elementary Schools: Deep Run, Ducketts Lane and Stevens Forest: 12:30-1:30 p.m.
- Middle Schools: Mayfield Woods, 12:30-1:30 p.m. □, Oakland Mills, 11:30 a.m.-12:30 p.m. and Wilde Lake, 1:00 -2:00 p.m. □
- High Schools: Atholton and Hammond, 12:30-1:30 p.m. □

Mobile Sites: Tuesday, June 25 to Wednesday, August 21, 2019

- Jeffers Hill ES (parking lot) 11:30 a.m.-12 p.m. □
- Phelps Luck ES (parking lot) 12:30 p.m.-1:30 p.m.
- □ Swansfield ES (parking lot) 11:30 a.m.-12 p.m.
- Howard HS (parking lot) 1:15 p.m.-2:15 p.m.
- Wilde Lake Tennis Club (parking lot) 12:15-12:45 p.m.

Community Sites: Tuesday, June 25 to Wednesday, August 21, 2019

- Howard County Library System-East Columbia Branch, 12-1:30 p.m.
- North Laurel Community Center, 12-1:30 p.m. □

For more information, contact the Howard County Public School System Food and Nutrition Services at 410-313-6743.

Weekend Warrior Backpack Program

Howard County Department of Community Resources and Services has a **summer weekend meal program**, the **Weekend Warrior Backpack Program**. The program, coordinated by the Roving Radish meals program, provides a free backpack of lunches and snacks for children to take home on Fridays for the weekends.



Lakefest Weekend

The FREE LakeFest Weekend at Downtown Columbia Lakefront includes three days of live music, an invitational arts and crafts show, strolling performers, festival food, a Clyde's of Columbia Beer Garden and an array of activities and entertainment for all

ages. One of the highlights of LakeFest this year includes evening performance(s) and residency activities by Bridgman Packer Dance. The company will offer evening performances of their show, Truck and install an engaging, interactive video installation on June 14 and 15. For all information on times of events and transportation, [click here](#).

June is PRIDE Month

Visit Howard County's first LGBTQ **Pride Celebration** on **June 29, 11:00 - 5:00 p.m. at Centennial Park**.



Check out Howard County Library's [selected reading lists](#) for teens and adults in recognition of LGBTQ Pride.

Learn more about support, education and advocacy, at [PFLAG Howard County](#).

Prepping for Summer Success. Ideas from Additude

Free information for "Inside the ADHD Mind"

Optimize your Teen's Summer Schedule

FREE expert webinar

Tuesday, June 11

1:00 p.m.

Learn how to strike the right balance between downtime, academics, fun and family connection.

- Explore simple ways to infuse "fun" into the school break.
- How to support optimal brain development in your child over the summer.

Saving Summer with Structure

Combine fun and structure to give children with ADHD the best summer ever.

Parents and experts reveal how to boost smarts and avoid boredom during the lazy days of summer.



Vaping and Teens with ADHD: A Parents' Guide

FREE expert webinar

Tuesday, June 18

1:00 p.m.

The many health-related dangers of vaping and its link to addiction.

- Why stimulation-seeking teens diagnosed with ADHD are at an increased risk of vaping.
- How to discuss vaping with your kids.
- The three signs that your teen may be vaping.

HOWARD COUNTY RESPITE CARE PROGRAMS, UNDERSTAND THE OPTIONS

Wednesday, June 12, 7:00 - 9:00 p.m. (doors open at 6:30)

9770 Patuxent Woods Drive, Columbia, MD 21046

Respite care is a supportive service providing short-term, temporary relief to a caregiver of a child or adult with a disability or chronic health care need. Learn about respite programs in Howard County, including the NEW respite care program administered by the Department of Social Services. Also included: the statewide emergency respite grant program, respite care offered by The Arc of Howard County, and the Caregiver Support Program offered by the Office on Aging and Independence. **Gain an understanding of the eligibility criteria, application process, service caps, waiting lists, and contact persons for each of these programs.**

FREE! Seating is limited. Register by June 5 (include name, contact information and accommodations needed) to Erica Lewis at ealewis@howardcountymd.gov or 410-313-6402 (voice/relay). Sponsored by the Howard County Commission on Disabilities Provider Committee and the Howard County Transition Outreach Partnership.



Emotional Support Humans

Do you have a friend or family member going through a hard time? Have you noticed someone you love facing a mental health challenge? Be their Emotional Support Human! You don't need to be a mental health expert to show you care. This campaign encourages all people in the community to show compassion and support for others experiencing mental health challenges by becoming an Emotional Support Human. The campaign provides suggestions on ways to start conversations,

ideas on how to create a "safe space" for having those discussions and tips for offering practical help. The goal of the campaign is to reduce the stigma surrounding mental health among the public and encourage those needing support to reach out for help. For more information, visit the [Horizon Foundation](#).

Bigotry Not Welcome Here

Handling Tough Conversations with Friends and Family

Saturday, June 15, 9:00 - 11:30 a.m. at Hope Works

Ever wonder how to speak up when someone close to you says something bigoted? Are you unsure of what to say or afraid of how they might react? This is a continuation from the first "Bigotry Unwelcome Here" workshop will focus on tools for having grounded, productive conversations with family members or close friends who have made a racist, transphobic, ableist, or otherwise bigoted and harmful comment. We'll talk strategy, when and how to intervene, and how to have tough conversations while maintaining your relationships. **FREE!** Pre-registration is required, click [here](#)



Making Military Family Life Easier

Serving in the armed forces provides many diverse opportunities and challenges for both its members and their families. According to the Blue Star Families survey, stressors such as financial worries, deployments, and frequent moves were rated amongst the most common, with time away from family at the top. Periods of transition, such as a deployment of a parent or relocation, can have a substantial impact on a service member's family, but can be especially distressing for children regardless of age. On average, a

military family moves every two years -- that adds up to a lot of new schools and new connections! Due to these constant changes, building a sense of community and a sense of belonging is vital for these children.

Military families are resilient and rise to the occasion, but they still need our support. Due to repetitive transitions, they lack routine and common familiarities. Military children are your neighbors, attend school and participate in activities with your children. This means community, friends, school and childcare providers need to combine their efforts and work together to provide these resilient children, of all ages, and their families with the support and consistency they deserve.

Luckily, there are amazing resources for parents, educators and school counselors that can help make military life a little easier. Book companies such as **United Through Reading** and **A Story Before Bed** allow service members to record their voice for their child while they are separated. Familiar television shows like *Sesame Street* offer friendly explanations of military experiences and conversation starters for parents and children (**Sesame Street for Military Families**). Checklists for school moves and transitions provided by organizations like Military Child Education Coalition also provide helpful resources for frequent relocations (**Military Child Resources**). These tools are extremely valuable as children navigate the unique experiences of military life. In honor of their sacrifices and courage, they deserve the absolute best we can give!

**Spring AND Summer
Clothing Give Away!**



FREE Clothing for All Ages, Infant to Adult
Saturday, June 8 • 9:00 - 11:00 a.m.
North Laurel Community Center
9411 Whiskey Bottom Road, Laurel, MD 20723

**Howard County
MultiService Center**
Office of Community Partnerships
Department of Community Resources and Services
410-313-0220 (voice/relax) • mscinfo@howardcountymd.gov
www.howardcountymd.gov/msc

**Howard County
Public School System**
This information is neither sponsored
nor endorsed by HCPSS or the school.

If you need this information in an alternate format, or need accommodations to participate,
contact the MSC at 410-313-0220 or mscinfo@howardcountymd.gov at least one week in advance.

FREE ADMISSION • RAFFLES AND REFRESHMENTS

**TAKE A
STAND
AGAINST ELDER ABUSE**

**SATURDAY
JUNE 15
10 AM TO 2 PM**

Join Us for our World Elder Abuse Awareness
SHRED EVENT & DISCOVERY DAY

Howard County Office on Aging and Independence
Department of Community Resources and Services
9830 Patuxent Woods Drive, Columbia 21046

- ▶ **SHRED** Personal Documents/Papers
Limited TWO Boxes/Person • Personal Papers ONLY • NO Businesses
- ▶ Attend Informative **SEMINARS**
 - Suspect Abuse... Who Do You Call?
 - Helping Friends and Loved Ones Stay Safe
 - Prosecuting Vulnerable/Elder Abuse Cases
 - Frauds/Scams Targeting Seniors
 - Avoiding Financial Exploitation
 - Shred ID Theft
- ▶ Discover Local **FACTS** about Abuse

REGISTER ONLINE • SECURE YOUR SHRED TIME • SIGN UP FOR SEMINARS
aarp.cvent.com/howardshred

**Howard County Office on
Aging and Independence**
Department of Community Resources and Services

FOR ADDITIONAL INFORMATION
OFELIA ROSS OTT
oross@howardcountymd.gov
410-313-6052 (voice/relax)

IN PARTNERSHIP WITH
AARP
Maryland
Real Possibilities

If you need this information in an alternate format, or need accommodations to attend, contact Maryland Access Point of
Howard County at map@howardcountymd.gov or 410-313-1234 (voice/relax) at least one week in advance.

— www.howardcountymd.gov/eldersafety —

Heatstroke Safety Tips

Everything you need to know to keep your kids safe from heatstroke.

Sometimes babies sleep so peacefully that busy parents can forget they are even there. Other times, we might be tempted to leave kids in the car while we run into the store or dash off to do an errand. Children can also end up alone in cars if the doors or trunk are left unlocked. However it happens, 37 kids die each year from being unattended in a vehicle. That's why children should never be alone in a car. It can lead to heatstroke, which causes serious injury or even death. Young children are particularly at risk since their bodies heat up three to five times faster than an adult's.

Here's how we can work together to keep this preventable tragedy from happening.

Reduce the Number of Deaths from Heatstroke by Remembering to ACT

- **A:** Avoid heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.
- **C:** Create reminders. Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase or purse in the backseat when traveling with your child.
- **T:** Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.



Heatstroke is the leading cause of non-crash, vehicle-related deaths for children. On average, every 10 days a child dies from heatstroke in a vehicle.

Teach Kids Not to Play in Cars

- Make sure to lock your vehicle (doors and the trunk) when you're away from it. Keep keys and remote entry fobs out of children's sight and reach.
- Teach kids that trunks are for transporting cargo and are not safe places to play.
- If your child is missing, immediately check swimming pools, vehicles and trunks. Get kids who are locked in cars out as soon as possible. If you can't do so quickly, dial 911 right away. Emergency personnel are trained to evaluate and check for signs of heatstroke.

Go a Step Further: Create Extra Reminders and Communicate with your Child Care Provider

- If you regularly drop your child off at child care, create a calendar reminder on your phone or computer to make sure you've done so.
- Make arrangements for your child care provider to call you right away if your child doesn't show up at the expected time. Be especially careful if you change your routine for dropping off children at child care. Heatstroke incidents often occur when people's routine is disrupted.

**Sign Up for
Parent Pages**

If you were forwarded this e-mail and would like to receive the latest Parent Pages news and updates directly, please click!

